



News Release

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And the Winners Are.....

UDOH honors communities for promoting health

(Salt Lake City, UT) – Bronze, Silver, and Gold: It sounds like the Olympics again. During this Olympic year, several Utah communities were recognized with 'A Healthier You Legacy Awards.'

Each community was unique in its approaches to promoting health among citizens. Some of the efforts included: new walking and biking trails; Walks with the Mayor; policy changes requiring healthier foods at public functions; tobacco-free recreational areas; new, secure crosswalks; and many others.

In all, 10 communities were honored at the Utah League of Cities and Towns annual convention held September 11 in Salt Lake City. Mayors and city council members accepted the awards presented by the Utah Department of Health. The 2008 winners are:

Gold Level

Orem City, Price City, Richmond City and St. George

Silver Level

Hooper City, Magna Township, Midway City and Richfield City

Bronze Level

North Logan City and Holladay City

These winning communities met specific criteria for policies, infrastructure, and outcomes. “The program recognizes the efforts of communities to increase opportunities for their residents to eat healthy and be physically active,” said Lynda Blades, Program Manager, UDOH Physical Activity, Nutrition & Obesity Prevention Program.

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A Healthier You Legacy Awards Program is a collaborative effort of the Utah Department of Health and community partners that had its beginnings as part of the Salt Lake City 2002 Olympic Winter Games. The program also recognizes schools and worksites for similar efforts.

For a more detailed description of the award winning communities' achievements and for more information on the A Healthier You Legacy Awards Program please contact Lynda Blades, Program Manager at (801) 538-6229 or lblades@utah.gov. Or visit www.health.utah.gov/ahy.

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The mission of the Utah Department of Health is to protect the public's health through preventing avoidable illness, injury, disability and premature death, assuring access to affordable, quality health care, and promoting healthy lifestyles.